



NATIONAL ADOLESCENT STUDENT HEALTH SURVEY

AMERICAN SCHOOL HEALTH ASSOCIATION
ASSOCIATION FOR THE ADVANCEMENT OF HEALTH EDUCATION
SOCIETY FOR PUBLIC HEALTH EDUCATION

A COOPERATIVE AGREEMENT WITH THE AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

1900 Association Drive
Reston, Virginia 22091
(703) 478-3437

Becky J. Smith
Project Director

STEERING COMMITTEE

Organization Representatives

Peter Cortese
California State University,
Long Beach
Association for the Advancement
of Health Education

Guy Parcel
University of Texas Health Science
Center at Houston
American School Health Association

Ruth Richards
University of California,
Los Angeles
Society for Public Health Education

Special Consultant

Elena Slepcevic
Southern Illinois University

Agency Representatives

Edgar H. Adams
National Institute on Drug Abuse

Katherine L. Armstrong
Office of Disease Prevention
and Health Promotion

Lloyd Kolbe
Centers for Disease Control

Allen Schmieder
U.S. Department of Education

Invited Members

Gregory Christenson
National Cancer Institute

Robert Gold
University of Maryland

Donald Iverson
University of Colorado

CONTRACTOR

IOX Assessment Associates

W. James Popham
President

Janet L. Collins
NASHS Principal Investigator

Eloise M. Appel
NASHS Associate Investigator

SPONSORING ORGANIZATIONS

National Adolescent Student Health Survey

American Alliance for Health, Physical Education, Recreation and Dance/Association for the Advancement of Health Education

The American Alliance for Health, Physical Education, Recreation and Dance is the country's largest professional organization for health and physical educators. Serving more than 30,000 members, in the fields of health, physical education, recreation, dance, sports and athletics, its mission is to improve the health and fitness of Americans by improving the country's educational programs, and to encourage all Americans to make fitness and health a part of their daily lives.

The Association for the Advancement of Health Education (AAHE) is one of the six member associations of the Alliance, representing 9,000 health educators. The mission of AAHE is to advance health by encouraging, supporting and assisting health professionals concerned with health promotion through education and other systematic strategies.

American School Health Association

Since 1927, the American School Health Association (ASHA) has been committed to keeping children healthy. Through its program activities and publications, the association advocates development of high quality, comprehensive school health programs that promote health and improve learning in K-12 schools. ASHA has more than 4,000 members in the U.S., Canada and 56 other countries.

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A multi-disciplinary professional organization, ASHA membership includes administrators, educators, nurses, physicians, dentists, and counselors and other health professionals. These individuals work cooperatively with parents and the community to achieve the common goal of providing children and adolescents with the programs, services and environment necessary for them to become more capable of pursuing healthful lifestyles. This goal is accomplished in the educational setting through organized programs in health instruction, school health services and the provision of a healthful school environment.

ASHA publishes the Journal of School Health monthly during the school year, and periodically publishes manuals, topical curriculum guides and standards of professional practice.



Society for Public Health Education, Inc.

The Society for Public Health Education, Inc. (SOPHE) is a national professional service organization formed in 1950 and today serving more than 1,100 members. The purpose of the organization is to promote the health of all people through the development of research and criteria for professional preparation, and elevating performance standards for the practice of health education. Cumulative efforts by its members have helped SOPHE achieve international recognition for its outstanding contribution to the improvement of individual and community health.

IOX Assessment Associates

IOX Assessment Associates (IOX), of Los Angeles, California, is one of the nation's leading developers of educator certification examinations and student competency tests. Founded in 1968, IOX has established a national reputation in criterion-referenced measurement, educational evaluation, and health education research and development.

SEXUALLY TRANSMITTED DISEASES

Factsheet

It is estimated that 2.5 million teenagers are infected with sexually transmitted diseases (STD) each year. Over the next several years, today's teens will be entering the highest risk group (ages 20-29) for all types of STD.

MANY ADOLESCENTS CANNOT IDENTIFY COMMON EARLY SIGNS OF STD.

- More than four out of every 10 students (44%) do not know or are unsure that a discharge of pus from the sex organs is an early sign of STD or that experiencing pain when going to the bathroom is an early sign of STD (41%).
- One third of the students (33%) do not know or are unsure that a sore on the sex organs is an early sign of STD.

MANY ADOLESCENTS REPORT MISCONCEPTIONS ABOUT HOW TO AVOID STD.

- More than half of the students (55%) do not know that taking birth control pills is ineffective in avoiding STD.
- Two-thirds of the students (67%) do not know that washing after sex is ineffective in avoiding STD.

MOST ADOLESCENTS MISTAKENLY BELIEVE THAT THEIR PARENTS MUST BE INFORMED IN ORDER TO OBTAIN TREATMENT FOR STD.

- About three-fourths of the students (76%) are either unsure or mistakenly believe that the Public Health Department must inform parents about STD in patients under age 18.

AIDS

Factsheet

Thousands of adolescents are at risk of contracting the human immunodeficiency virus that causes AIDS because they engage in risky sexual behaviors or drug use, or both.

Currently, one fifth of the people with AIDS are in their 20s; many who may have been exposed to the virus in their teens. Furthermore, many adolescents, regardless of their personal risk, are likely to be affected by the disease by having friends or family members who become infected.

MOST ADOLESCENTS KNOW THAT AIDS IS TRANSMITTED BY SEXUAL INTERCOURSE AND DRUG NEEDLES.

- More than 9 out of every 10 students (94%) know that there is an increased risk of AIDS from having intercourse with someone who has the AIDS virus.
- About 9 out of every 10 students (91%) know that there is an increased risk of AIDS by sharing drug needles.
- Approximately eight out of every 10 students (82%) know that there is an increased risk of AIDS by having more than one sex partner.

MOST ADOLESCENTS KNOW THAT CONDOMS ARE EFFECTIVE IN AVOIDING AIDS AND BELIEVE THEY SHOULD BE USED.

- More than eight out of every 10 students (86%) know that condoms are an effective way to reduce the risk of being infected with the AIDS virus.

- About 9 out of every 10 students (91%) agree that people their age should use condoms if they have sex.

MANY ADOLESCENTS HAVE SOME MISCONCEPTIONS ABOUT AIDS.

- Seven out of every 10 students (71%) mistakenly believe that blood transfusions are a common way to get AIDS today.
- Almost half of the students (47%) mistakenly believe that there is an increased risk of AIDS when donating blood.
- About half of the students (51%) are either unsure or mistakenly believe that washing after sex reduces one's chances of being infected with the AIDS virus.

MANY ADOLESCENTS BELIEVE THAT SEX IS ACCEPTABLE WITH A STEADY PARTNER.

- More than 9 out of every 10 girls (94%) and three-fourths of the boys (76%) believe it is acceptable to "say no" to having sex.
- More boys (62%) than girls (43%) believe it is acceptable for people their age to have sex with someone they have dated for a long time.
- More boys (48%) than girls (4%) believe it is acceptable for people their age to have sex with several different people.

INJURY PREVENTION

Factsheet

Unintentional injuries constitute the leading cause of death for young persons ages 15 to 25. Motor vehicle accidents account for more than 70% of all accidental deaths in this age group.

MOST ADOLESCENTS PUT THEMSELVES AT RISK FOR INJURY IN AUTOMOBILES.

- More than half of the students (56%) report that they did not wear a seat belt the last time they rode in a car, truck, or van.
- About four of 10 (44%) of 10th grade students and approximately one-third of the 8th grade students (32%) report that during the past month they rode with a driver who had used drugs or alcohol.

MOST ADOLESCENTS RIDE BICYCLES OR MOTORCYCLES; HOWEVER, FEW USE PROTECTIVE GEAR.

- Nearly 9 out of every 10 students (87%) ride a bicycle, but 92% of those report never wearing a helmet and 72% report never using a light at night.
- Six out of every 10 students (60%) ride a motorcycle or minibike, but 42% of those report that they rarely or never wear a helmet.



MANY ADOLESCENTS PARTICIPATE IN HIGH-RISK ACTIVITIES.

- Approximately one out of every six 10th grade students (17%) report having used alcohol or drugs while swimming or boating during the past year.

- Nearly eight out of every 10 students (79%) are either unsure or mistakenly believe that most clinics must have parental permission to treat patients under age 18 for STD.

MANY ADOLESCENTS CITE BARRIERS TO OBTAINING CARE FOR STD.

- More than one-third of the students (38%) report that they would not know where to go for medical care.
- Nearly half of the students (49%) report that it would be hard for them to pay for treatment.
- More than four out of every 10 students (44%) report that they would be embarrassed to ask a doctor what was wrong with them.
- Nearly four out of every 10 students (39%) report that they do not know an adult they could talk to if they thought they might have STD.

TOBACCO, DRUG AND ALCOHOL USE

Factsheet

The use of alcohol and other drugs results in significant negative consequences for the user, family members, and society. Alcohol and drug use are associated with dramatically increased risks for serious injury, suicide, violence, and long-term health problems.

According to the U.S. Surgeon General, cigarette smoking is the chief, single, avoidable cause of death in our society and the most important health issue of our time. Smoking, which accounts for nearly one-third of all cancer deaths, is the second leading cause of death in the country.

Cigarette smoking is declining among adolescent males, but not among females. Adolescents' use of drugs and alcohol, although decreasing since the 1970s, remains a serious problem, according to the survey.

ONE OUT OF EVERY FIVE ADOLESCENTS SMOKED CIGARETTES DURING THE PAST MONTH.

- More than half of the 8th grade students (51%) and nearly two-thirds of the 10th grade students (63%) report having tried cigarettes.
- About one out of every six 8th grade students (16%) and one out of every four 10th grade students (26%) report having smoked a cigarette during the past month.
- About one out of every 10 boys (12%) and one out of every hundred girls (1%) report having chewed tobacco or used snuff during the past month.

MORE THAN ONE-FOURTH OF ADOLESCENTS REPORT ONE OCCASION OF HEAVY DRINKING DURING THE PAST TWO WEEKS.

- Nearly eight out of every 10 8th grade students (77%) and 9 out of every 10 10th grade students (89%) report having tried an alcoholic beverage.
- About one-third of the 8th grade students (34%) and more than half of the 10th grade students (53%) report having had an alcoholic beverage during the past month.
- About one-fourth of the 8th grade students (26%) and more than one-third of the 10th grade students (38%) report having had five or more drinks on one occasion during the past two weeks.

ABOUT ONE OUT OF EVERY 10 ADOLESCENTS SMOKES MARIJUANA IN THE PAST MONTH.

- Nearly one out of every six 8th grade students (15%) and about one-third of the 10th grade students (35%) report having tried marijuana.
- Six percent of the 8th grade students and 15% of the 10th grade students report having used marijuana during the past month.

ABOUT ONE OUT OF EVERY 15 ADOLESCENTS HAVE TRIED COCAINE.

- About one out of every 20 8th grade students (5%) and nearly one out of every 10 10th grade students (9%) report having tried cocaine.
- Two percent of the 8th grade students and three percent of the 10th grade students report having used cocaine during the past month.

ABOUT ONE OUT OF EVERY FIVE ADOLESCENTS HAVE TRIED SNIFFING GLUE.

- About one out of every five 8th and 10th grade students (21%) report having tried sniffing glue.
- Seven percent of the 8th grade students and five percent of the 10th grade students report having sniffed glue during the past month.

- About six out of every 10 boys (64%) and two out of every 10 girls (19%) report having used a gun in the past year.